



## New Jersey Department of Children and Families Policy Manual

Manual:	NJAC	NJ Administrative Code Excerpts	Effective Date:
Title	10	Human Services	
Chapter	126	Manual Of Requirements For Family Child Care Registration	8/25/2009
Subchapter:	6	Safety, Health And Program Requirements For Providers	
Section	13	<b>Rest and sleep (N.J.A.C. 10:126-6.13)</b>	

### §10:126-6.13 Rest and sleep

(a) The provider shall plan a daily rest or sleep period for each child in a clean, safe area, according to the child's individual needs.

(b) Children under 18 months old and any child unable to walk unassisted shall sleep in a crib, playpen, cot, bed with side rails or on a mat at least one inch thick placed on the floor.

(c) Cribs, port-a-cribs and playpen with more than 2 and 3/8 inches between slats or between the side and end panels are not permitted.

(d) Cribs with decorative cutout areas in crib-end panels or tall decorative knobs on the corner posts that can entrap the child's head or catch the child's clothing shall not be used.

(e) Mattresses shall be tight-fitting with no more than one inch between the mattress and crib.

(f) Drop-side latches shall hold sides securely and not be accessible by the child in the crib.

(g) Pillows, quilts, comforters, sheepskins, stuffed toys, bumper pads and other soft products shall not be permitted in infant cribs, playpens or port-a-cribs.

(h) When a provider has one or more bunk beds for the use by enrolled children, the provider shall ensure that no child under seven years of age is placed in a top bunk:

1. Guardrails are required on both sides of the upper bunk;

2. The upper edge of the guardrails shall be no less than five inches above the top surface of the mattress when a mattress of the maximum thickness specified by the bed manufacturer's instructions is on the bed; and

3. A ladder shall be used for entering or leaving the upper bunk.

(i) Each child shall have sheets, blankets and other coverings for his or her exclusive use, which shall be:

1. Immediately replaced when wet, soiled or damaged; and

2. Laundered at least once a week.

(j) During rest and sleep periods, only one child shall occupy a crib, playpen, bed, cot or mat at one time.

(k) Beds not used solely for a specific child shall have linens and blankets replaced with clean linens and blankets before each use.

(l) The provider shall ensure that each child below one year of age is placed on their back in a face-up sleeping position unless a different sleeping position is indicated in writing by the child's health care provider. Such documentation of these sleeping positions shall be maintained at the family child care home.

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